

VOLUME 23 MARCH/APRIL 2023

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## **WE WANT YOU!**

Participation is welcomed here at SCOOPS! Feel free to send helpful information, recipes, life hacks and more to the email address below.

We also love to celebrate others! Graduation season is around the corner--let us know about your victories!



To get your SCOOPS delivered to your inbox, email:

[DCCoDSSPublicInformation@dconc.gov](mailto:DCCoDSSPublicInformation@dconc.gov)

## **SPRING HAS SPRUNG!**



One of the beautiful joys of Durham, is the Sarah P. Duke Gardens! Make sure to visit the soon. It's a great place to unwind in nature, get some exercise and have FREE fun with your family! Learn more here:

**[bit.ly/37WQACb](https://bit.ly/37WQACb)**





## SHAKSHUKA!

Recipe courtesy of Durham's own  
Chef Shamecka McNeil,  
Founder of Slice 365

### INGREDIENTS

- 2 tablespoon of olive oil
- 1pkg tri-colored peppers sliced
- 1 small white or red onion
- 1 bunch spinach, stemmed and chopped
- 1/2 cup packed parsley leaves chopped
- 1 pinch of sea salt
- 1 teaspoon smoked paprika
- 1 teaspoon Tumeric
- 1 can diced tomatoes (with basil, garlic & oregano)
- 1 can chickpeas, drained & rinsed 3X
- 2/3 cup chicken broth or veggie stock
- 4 eggs-take the yoke out

Visit our Durham Farmers' Market to  
get locally grown produce!



Wednesday markets are now open!  
Visit every Wednesday from 3pm-6pm

Main Market Season Hours  
Saturday's 8am-12pm  
April thru November

Double Buck\$ Program is available for SNAP customers

Durham turned 153 years old on  
April 10th!





**Try this Proven Cost Saving Trick!**  
 When you purchase a large container of salad greens, you CAN make them last! How? By simply folding a layer of paper towel inside of the container and sealing it shut, once you take out the amount you will consume. DO NOT wash the greens and put them back into the container. Wash the amount you will eat, and seal the container shut with the paper towel covering. It works! We can't explain it--just try it! 😊

## SHAKSHUKA! (CONTINUED)

Time to eat light for Spring!



### INSTRUCTIONS

1. Heat oven to 350 degrees .
2. Heat oil in an oven-safe skillet over medium heat. Once oil is shimmering add peppers & onions. Sauté for 5 minutes then cover, add spinach and cook for 7 more minutes
3. Add parsley, salt, paprika, turmeric, tomatoes, chickpeas, and chicken broth or veg stock and stir.
4. Break each egg into a bowl and take the yoke out.  
 Pour over mixture and mix.
5. Put pan in the oven and bake until whites are kind of white "opaque" 7-10 minutes "or to your liking"



This nonprofit organization was founded in 2017 as a socially responsible initiative that provides culinary education classes to individuals and families.



# Learn All About Slice 325



Durham has many treasures, but one jewel in Durham, that is no longer hidden is a unique nonprofit dedicated to improving the health outcomes of Durham's most needy residents: **SLICE 325**, which stands for *Serving Locations Inviting Culinary Education 325*.

Shemecka was inspired by observing several relatives negatively impacted with health challenges. With her years of experience in the healthcare industry, she is very knowledgeable of the importance of healthy eating for overall well-being. SLICE 325 is dedicated to educating low-income individuals and families on how to create healthy meals using affordable ingredients. Her organization provides FREE classes on grocery budgeting; food preparation; meal planning, spice creating, cooking classes and MORE!

Shemecka's expertise extends beyond health education - she is also a trained chef, healthcare professional, and farmer. Her unique skill set allows her to approach health and nutrition from a variety of angles, making her a valuable resource for anyone seeking to improve their eating habits and overall health.

As the Executive Director of SLICE 325, Shemecka is committed to making a difference in the lives of others, one meal at a time. She firmly believes that every family is unique and that there are countless creative ways to prepare healthy meals that are both delicious and affordable.

## We Salute You Shemecka McNeil!



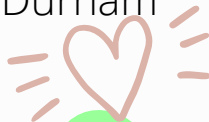
Shemecka McNeil, Founder & Executive Director  
of SLICE 325



## March was National Social Work Month



Social workers do a variety of jobs. In fact, people who hold degree(s) in social work have so much flexibility, the Bureau of Labor Statistics projects that the social work field to grow by 11% from 2018-2028, at a much faster pace than average fields. Social workers often possess a deeply ingrained sense of altruism, focusing on others first, before considering themselves. We salute ALL of our social workers! We thank you for the services you provide to our Durham residents!



SHINE is a free app with daily affirmations, and an actual person who reads a daily recorded message. SHINE was designed to reduce anxiety & stress. Go to your App store and download it. Thank us later!





Register for this event below



**Dana Hart-Raynor, Ed.D.**

We're giving a hearty

Congratulations to our very own Dr.  
Dana Hart-Raynor!

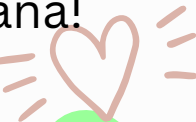
Her dissertation was titled:

*Understanding Foster Care Elopement  
and Impact on Well-Being: A  
Phenomenological Study.*

Dana has been a social worker at  
DCoDSS just shy of a decade, and is  
also a licensed clinical social worker.

We're so proud of you Dana!

Continued success!



Join Us!

At the Durham Dementia Community Event  
Saturday, April 29th 10 am to 2 pm  
Durham Human Services Bldg. 414 E. Main St., 27701  
Check-in begins at 9:30 am



Jay Reinstein, Keynote Speaker  
who is living well with early  
onset dementia.

**We are creating an inclusive community  
of understanding advocacy & support  
for ALL community members living  
with dementia or is a caretaker of  
someone with dementia.**

- This event is FREE with lunch served
- You MUST register to attend
- Panel discussion
- Resource organizations & more!

REGISTER: <https://www.dementiainclusiveinc.org/resources>

<https://www.dementiainclusiveinc.org/resources>



**I AM** is a free app with  
daily affirmations, to help  
rewire our brains, build  
self esteem and change  
negative thought patterns.  
Go to your App store and  
download it. Get it today!



*Welcome to Durham County!*



Maggie Cveticanin, Director  
Durham County Social Services

## Meet Our New Director!

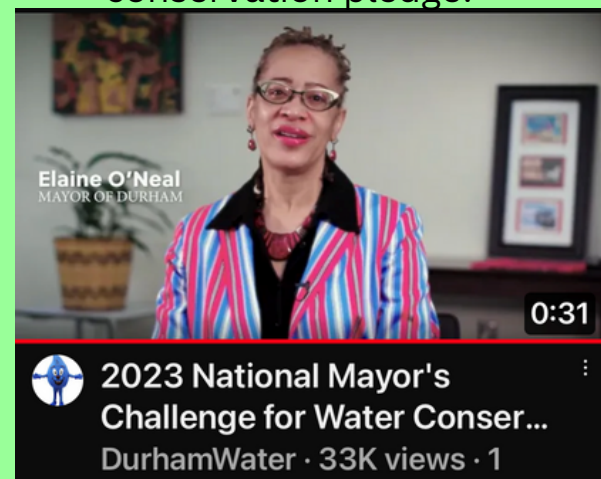
Ms. Maggie Cveticanin is the former Deputy Assistant Secretary of Substance Abuse and Mental Health (SAMH) with the Florida Department of Children and Families. The entire trajectory of Ms. Cveticanin's career of the past fifteen years has been of public service. We are pleased to welcome Maggie to Durham County government, and are grateful for interim director Sarah Bradshaw for her guidance and leadership for the past 6 months! Maggie is from Florida, so we're ready to show her some good ole fashioned North Carolina hospitality and welcome her to the Tar Heel State!

*A Friendly Reminder...*

Stop waiting  
for friday,

for summer,  
for someone to  
fall in love with you,  
for life. Happiness is  
achieved when you stop  
waiting for it and make  
the most of the moment  
you are in now.

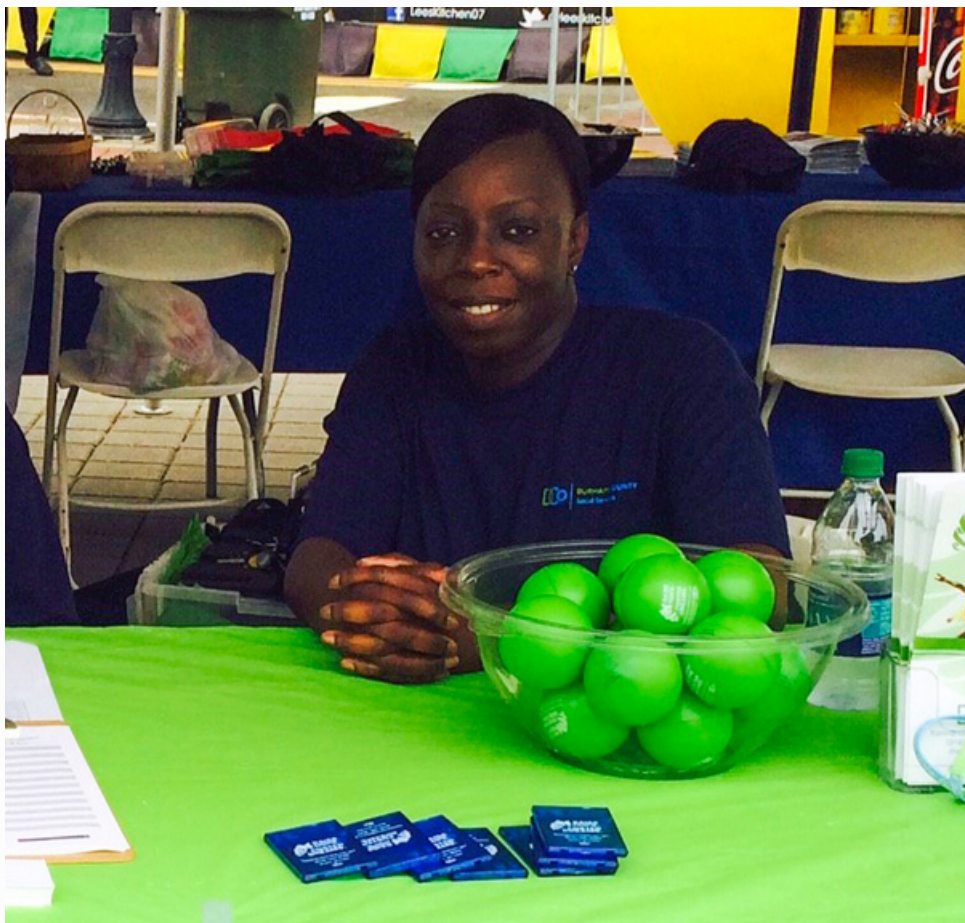
WATER is a precious resource we must not take for granted. Listen to our Mayor and take the water conservation pledge!



<https://youtu.be/1CalEYK9SMs>



**Tonja Green**  
**A DCoDSS Star**



**"Permanency Planning Social Worker, Tonja Green is always supportive of recruitment of resource parents. I am thankful to her because every time I have needed support for a weekend event, she has agreed. Although her position is challenging, rewarding and busy, she always brings her "A" game with a smile. Thank you Tonja Green."**

*Submitted by: Deborah Cousin, Social Worker II,  
Recruiter*





We Wear **BLUE** for Child Abuse Prevention Month



In the state of NC social workers completed some 53,441 (reports with a disposition) in Child Protective Services in 2021. Our Social Workers are on the front lines daily doing whatever they can to protect children and to serve families.

Protecting children is more than wearing a color for one day. But it's a cool way to get a number of people to create a conversation about an important topic. Our staff works hard on this task daily to protect the lives and souls of children. If you suspect child abuse in Durham, call

**919-560-8424.**

**Parents the Durham Parks & Rec Guidebook is here!**

**<https://buff.ly/3N6XtDq>**

